

# TAKE CONTROL to **REDUCE** your CANCER RISK

*A self-directed, online program  
designed to help participants  
reduce their risk of cancer  
through healthy lifestyle choices*

Get the latest research-based information  
about cancer risk in relation to:

**nutrition/diet,  
physical activity,  
early detection,  
human papilloma virus (HPV),  
and more!**

Work at your own pace  
and make your own decisions  
about changes to make in your life.

Share with others and help them  
reduce their health risk too.

Promote healthy lifestyles  
for everyone in your household!



For more information or  
to register for TAKE CONTROL:  
[tinyurl.com/TakeControlUF](http://tinyurl.com/TakeControlUF)

**UF** | IFAS Extension  
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## TAKE CONTROL to **REDUCE** your CANCER RISK

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# TAKE CONTROL to **REDUCE** your CANCER RISK



*informed*

*empowered*

*motivated*

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## TAKE CONTROL Modules

include information to read, educational videos to watch, self-tests (**NO grades!**), ideas to think about and consider, and links to research-based information for those who want to learn more.

# TAKE CONTROL Modules



read

online

watch



videos

think &



visualize

## TAKE CONTROL Modules

provide useful information, encouragement, and practical tips to help participants make choices that can reduce their cancer risk and improve their overall health.



### Module 1 Introduction

Cancer basics, risk factors, and protective factors



### Module 4 Color Me Cruciferous

Colorful and delicious veggies that help to fight cancer



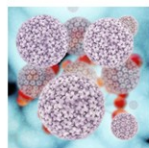
### Module 7 Remodel Your Recipes

Ingredient substitutions to create healthier recipes



### Module 2 Detect It Early

Warning signs of cancer and early detection practices



### Module 5 Human Papillomavirus (HPV)

Cancer-causing virus and the vaccine that protects against it



### Module 8 Tobacco Use

Reducing cancer risk from smoking, smokeless tobacco, and second-hand smoke



### Module 3 Motivating Motion

Exercise and physical activity for weight control and reduced cancer risk



### Module 6 Readily Reading Labels

Using food labels to make healthy choices



### Module 9 Sun Safety

Reducing exposure to UV rays for reduced cancer risk

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***informed***

*because you'll get the latest research-based information in each module*

***empowered***

*is how you'll feel as you complete each module and implement your personal strategies for a healthier life.*

***motivated***

*by the stories you'll read, the information you'll learn, and the videos you will watch*